



SAHAJ FOUNDATION
...connecting people with their hearts

SwaNirmaan'15

July 10-17, 2015

SwaNirmaan Shivir!

Batch Size: A total of 18 Kids from Grade 6 to 10
Duration: Eight Days (July 10-17, 2015)
Timings: 11 AM – 3 PM

The eight day long intense shivir focused on addressing harmony among Head, heart and Hand by encouraging kids to participate in our well designed projects on cultivating Enquiry, Lifeskills and Values! The prime highlight of the shivir was to understand 'Entrepreneurship and its local context'!

Along with the main projects, we also had various exposure based sessions on 'Fun with Maths', 'Origami', 'Library Books', 'Photography' and a lot of Games!!

Schedule we followed...

			10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
Slot 1	45 Min	11:00 - 11:45	Introduction+ Rules setting + Schedule	Session on Values	Session on Values	Session on Values	PBL (Lifeskills + Entrepreneurship)	Enquiry (Petroleum)	Enquiry (Petroleum)	Movie/Documentary
Slot 2	45 Min	11:45 - 12:30	Kids' Timeline Exercise				Enquiry (Petroleum)			
Lunch	25 Min	12:30 - 12:55	Break							
Slot 3	40 Min	12:55 - 01:35	PBL (Lifeskills + Entrepreneurship)	PBL (Lifeskills + Entrepreneurship)	PBL (Lifeskills + Entrepreneurship)	PBL (Lifeskills + Entrepreneurship)	Teacher's Journey (Documentary)	PBL (Lifeskills + Entrepreneurship)	PBL (Lifeskills + Entrepreneurship)	Farewell and Group Photographs
Slot 4	40 Min	01:35 - 02:15	Library Time + Story making/ Sharing + Theatre	Singing Songs	Pharma Exposure Session by Vikram	Drawing the self	Fun with Maths (Jodo Gyan Models)		Career Exposure Sessions	
Slot 5	30 Min	02:15 - 02:45		Yoga		PlayForPeace Games	Outdoor Activity		Outdoor Activity	
Slot 6	15 Min	02:45 - 03:00	Reflections/Diary Writing	Reflections/Diary Writing	Reflections/Diary Writing	Reflections/Diary Writing	Reflections/Diary Writing		Reflections/Diary Writing	
							Project based learning sessions on Lifeskills and Entrepreneurship			
							Sessions on Enquiry led by Ashish			
							Sessions on Values led by Divya Gupta			
							Sessions by Vikram on awareness regarding food and drugs			
							Reflections and Diary Writing			



Starting up with a meditation session..

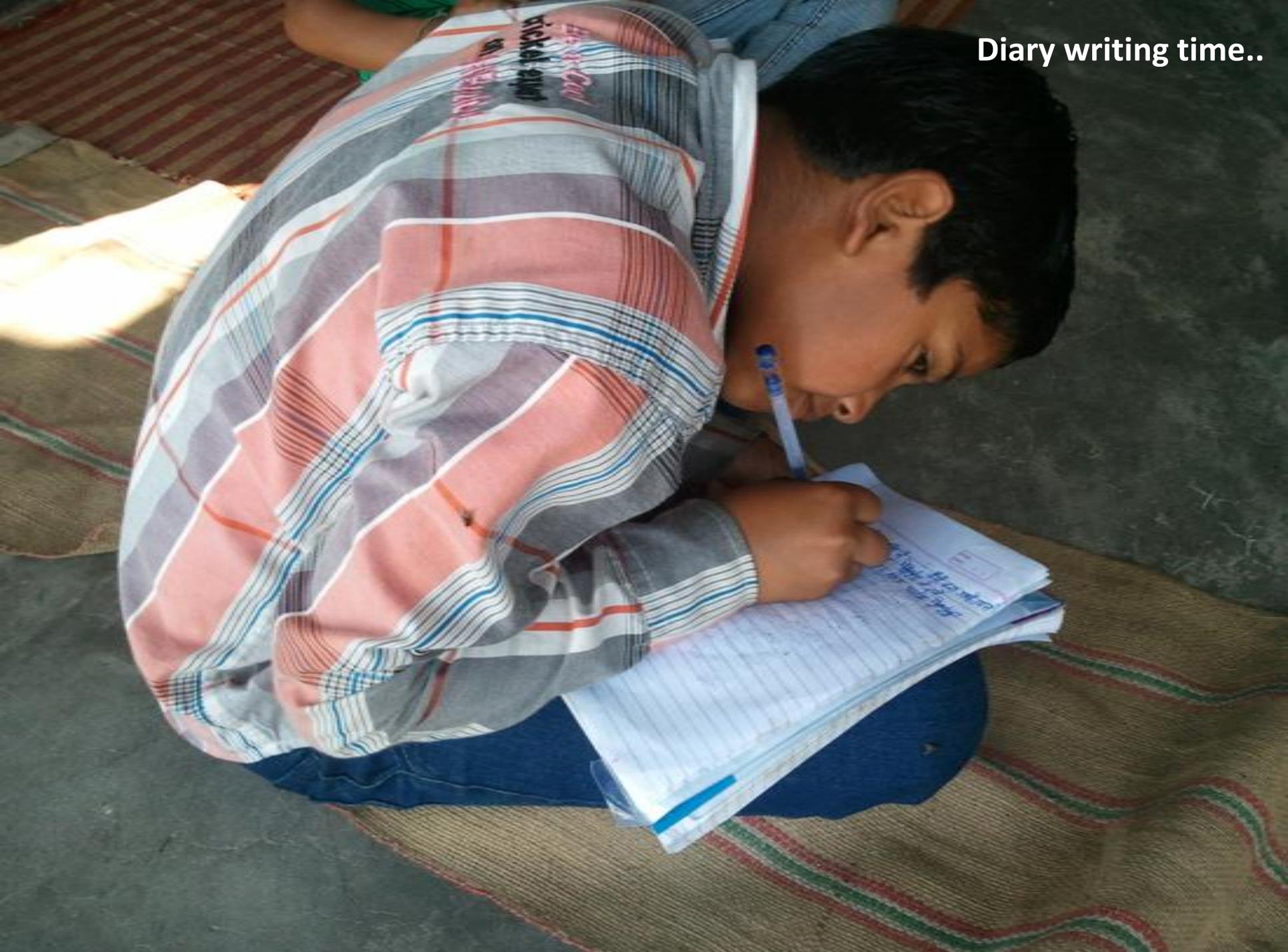




Vikram (Our guest from Chandigarh)
Sharing his life-story...



Diary writing time..

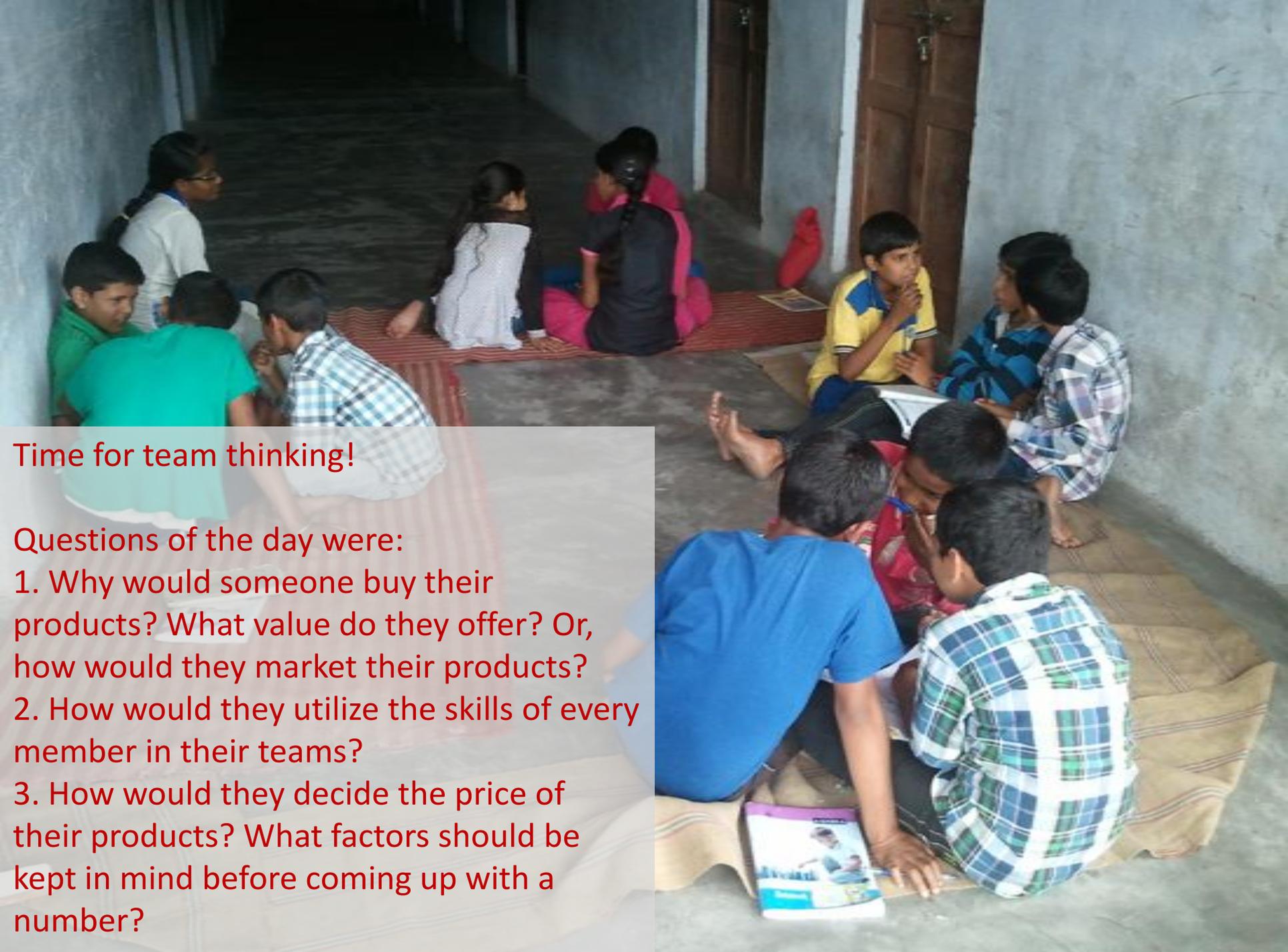


'Entrepreneurship and its local Context'- A life-skills based Project!

The times are changing now. We are moving from a culture of 'getting' jobs to 'creating' jobs! The era now belongs to 'Entrepreneurship'! But, do we expect only our youngsters to participate in the wave and leave our kids at the mercy of old times, or textbooks, that still make them crave for a 'Sarkari Naukari'?

In SwaNirmaan, this time, we challenged ourselves to nurture 'Entrepreneurship' among kids of age 10-15 years! The task was to introduce a bunch of 18 kids to the world of 'Starting something on their own', not theoretically but by actually doing it! In the span of eight days, our kids were expected to first understand the meaning of Entrepreneurship, get exposed to various innovative ventures coming up across Himalayas, think of the products they could make themselves by using locally available raw material, work in teams to make those products by investing their own funds and, in the end, market and sell their own creations in highly crowded public spaces of Baijnath town!

And needless to say, we expected way too little and were eventually overwhelmed by the sheer entrepreneurial spirit of our kids... and, of course, by the way they earned their first rupee!!



Time for team thinking!

Questions of the day were:

1. Why would someone buy their products? What value do they offer? Or, how would they market their products?
2. How would they utilize the skills of every member in their teams?
3. How would they decide the price of their products? What factors should be kept in mind before coming up with a number?





Vinayak with his products! He came up with Raakh as a dishwasher and Aloe Vera Cream!





**Abhishek and Abhilash with their
creations-**

**Tirmira Daatun, Mint Powder, Dried
Mango Slices and a wooden toy car!**

Khushboo and Seena with their products-

Aloe Vera Facewash, Gobar ke uple (mosquito repellent), Daatun, and Dant Manjan (made up of Mint, Tulsi, Tirmira, Kadi Patta, Akhrot leaves)!!!





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Refreshment time after a long day work..



Target we had...

IS
UNE

Date
15/7/15

रास - Rs 10 x 4 = 40
Mint - Rs 10
Mint - Rs 20
Tiramisu - Rs 5 x 10 = 50
Cool - Rs 25
Mango - Rs 5 x 3 = 15
स्वटियाई - Rs 30
बॉन्ड - Rs 10 x 5 = 50
दालुन - Rs 10
दामजम - Rs 20

Aloe Vera - Rs 10 x 2 = 20
Painting - Rs 15
Aloe Vera - Rs 25

Rs 330

Target we achieved...

Date
15/11/15

15
+60
+90

165

+20

185

ग़र - Rs 10
Mint - Rs 5 ✓
Mint - Rs 30 ✓
Tiramisu - Rs 10 ✓
Cool - Rs —
Mango - Rs —
स्वटियाई - Rs 20 ✓
गौनर - Rs 10
दालन - Rs 50 ✓
दामजन - Rs 20

Aloe Vera - 25
Painting —
Aloe Vera - 10 ✓

185

शेखर
इसे एक वृत्त
साफ कर सकते
हैं 100% प्यूर

Gobar ke Uple (Mosquito Repellents)..



Date
15/11/15

सामान बेचने के तरीके

- Production → 1. अच्छे से बनाना (Manufacturing)
Distribution के उपलब्ध → 2. अच्छे से बेचना (Marketing)
राज्य → 3. लोगों की जरूरत को पहचानना (Demand)
4. ठीक दाम पर बेचना (Price)

सामान नहीं बिकता, उसके पीछे की कहानी बिकती है।

'Nurturing Enquiry'!- Using Petroleum as a case!

What if we suddenly run out of Petroleum? What shall happen to our modern civilization that has its root deeply immersed in the black gold? Our session with kids started with this question. Instantly, kids started thinking about the things that are made up of Petroleum. "We wouldn't be able to drive our cars", they collectively responded. Little did they knew that we have a heck of a lot of daily use items in our homes that are made up of Petroleum in one way or another.

The question gave us an opportunity to open the world of petroleum and its derivatives, and their uses in making plastics, synthetics fibers/clothing, cosmetics, medicines, toiletries, detergents, pesticides, fertilizers, candles, bubble gums, paints and a lot of more. Further, the question challenged kids to think of alternatives to daily use items that will not exist if we run out of Petroleum.

'Nurturing Enquiry' ...

The next step was even more challenging- Comparing the positives and negatives of products made out of Petroleum against their alternatives. "Which one of them is better for our health?", was our question in each and every case! And the answers were surprising!

Most of the products made up of Petroleum were found to be hazardous to health (Causing Skin damage to Cancer)! And their alternatives, in most cases, were nature friendly and economical! (Example- Vim Bar vs Raakh)

The whole process left kids curious with a lots of questions.

Why do people make these products if they spoil our health? Why don't they simply stay nature friendly? Are our scientists/elders stupid to let us use these products? What is driving them to do all this?

It all concluded on a note that the kids will have to apply their own brains to figure out what is good and what is bad for them rather than following the world blindly. They will have to open up their minds and look around carefully with an enquiring mind.





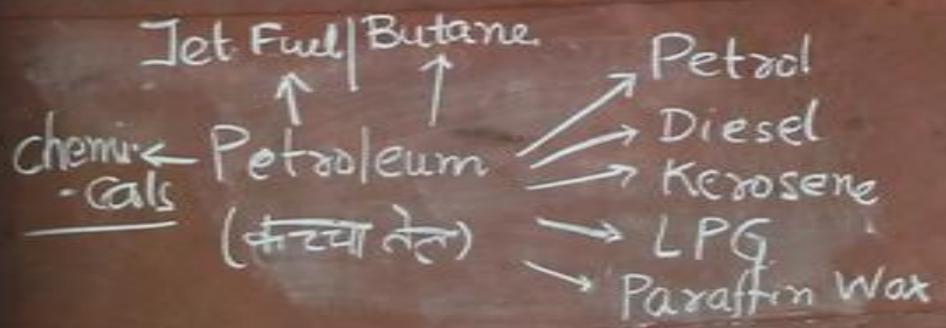


Te
Butane.
Petrol
Diesel
Kerosene
LPG
Paraffin Wax
Petroleum
गैस





Distillation



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Learning Values at SwaNirmaan!

During our period of eight days, we tried to learn values such as Empathy, Co-operation, Gratefulness etc by observing Nature and its Creations. Our method of learning was to be friends with 'Natural' creations and spend time with them in order to listen to their teachings.

We also played a few games that thought us the importance of co-operating with others, than competing.

Listing out our possible 'Friends'..

पेड़, नदी, तारे, बंदर, पहाड़, बादल
सूखे पत्ते, पत्थर, इंसान, वारिश, मिट्टी
तोता (पक्षी), आसमान, सूरज, घास, फूल,
फाल, खेल, जंगल, कोई, हरे पत्ते, मकड़ी









Spending time with 'Tree' Friend..



'Dry Leaf' Friend...

A game on building co-operation..



	X COMPETITION			✓ CO-OPERATION		
3 हरा, 0 काला	1	1	3 = 27	0	6	6
2 हरा, 1 काला	6	6	0 = 12	0	6	6
1 हरा, 2 काला	10	0	0 = 10	0	6	6
0 हरा, 3 काला	5	5	5 = 15	1	1	1
				1	1	1
				0	6	6
				3	3	3
				5	29	29

$$\frac{135}{2} = 67.5$$

$$\frac{57}{2} = 28.5$$

$$53 = 5 \quad 29 \quad 29$$

Fun with Maths!

In SwaNirmaan, we created space for our kids to learn Maths by using models and playing games that cover concepts such as Decimals, Geometry and Algebra. It was a unique experience for them to try to solve maths problems while working in teams.

Learning Decimals by playing..



- 0.4
- 0.5
- 0.7
- 0.4
- 0.03
- 0.5
- 0.7
- 0.06
- 0.02
- 0.01
- 0.3
- 0.6
- 0.04
- 0.04
- 0.2
- 0.6
- 0.05





Innovating Games related to Mathematics..



Merging Rangoli with Geometrical Shapes..

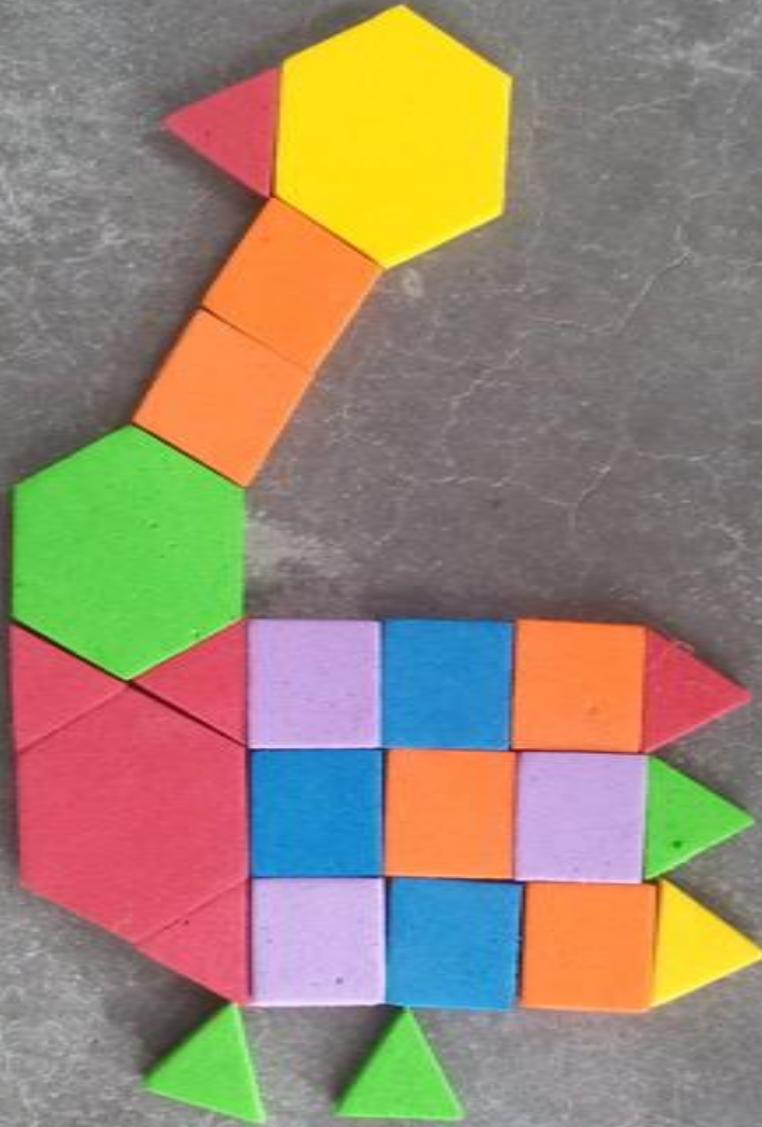


Designing Structures using Straws..





Giving 'Life' to Geometry!



Random Learnings at SwaNirmaan!

When we all were not busy in planning for our projects, we were having fun reading story books, making parrots out of paper, learning photography, playing games based on co-operation and knowing the interesting life stories of people who visited us (Vikram Bhaiya)..!!

Story Reading time..



Learning from Vikram Bhaiya..



Vikram will soon join madness as he is on his way to quit his job and work with communities of Himalayas!

Photography Session...





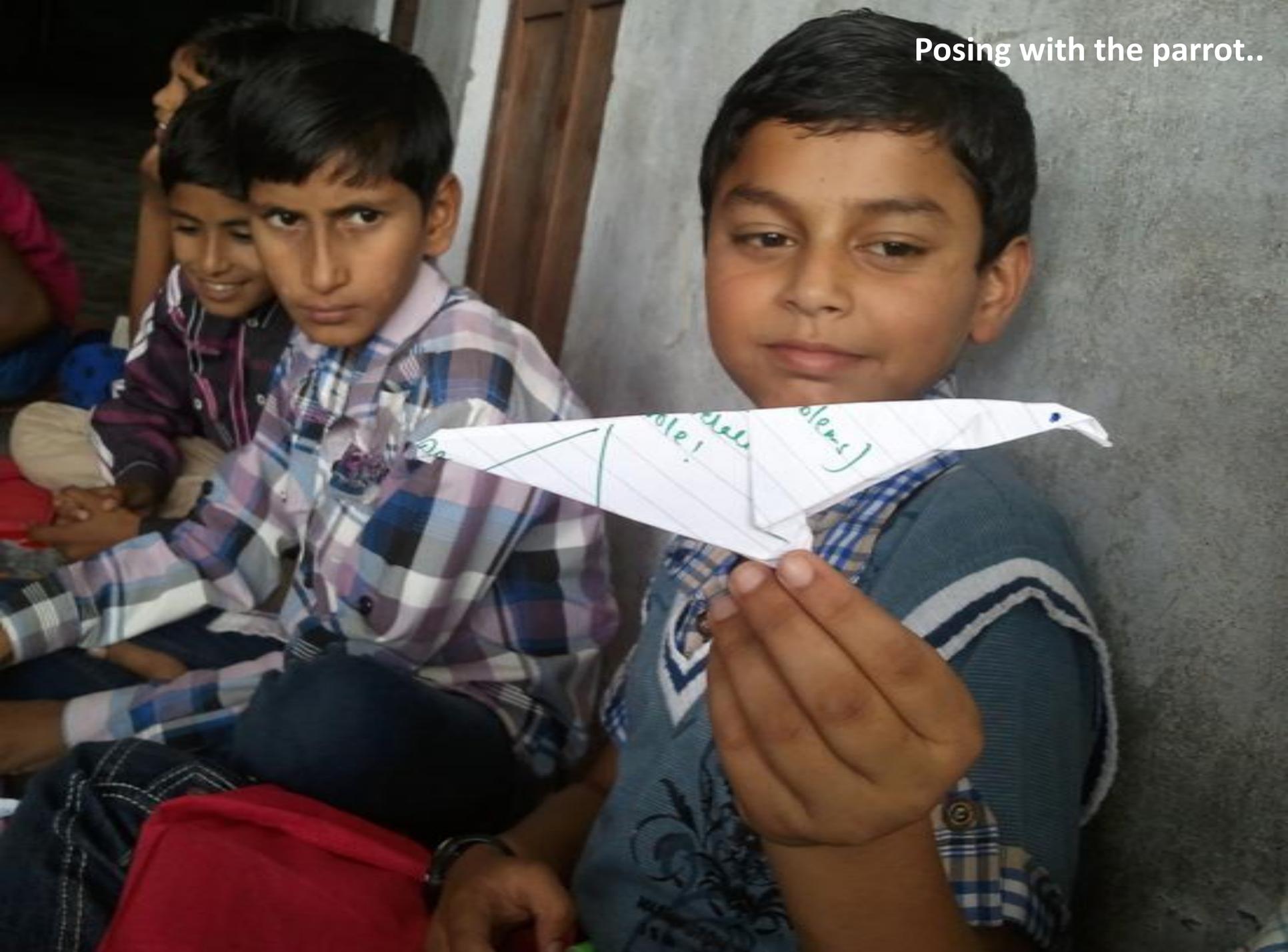




Learning to make a parrot out of paper..



Posing with the parrot..







Kids' sharing their life stories..

